

Statistics Report 15015, Fish, cod, Atlantic, raw

Report Date: June 25, 2017 17:56 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 81.22 | 537 | 0.040 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Energy | kcal | 82 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Energy | kJ | 343 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Protein | g | 17.81 | 605 | 0.040 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Total lipid (fat) | g | 0.67 | 293 | 0.007 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Ash | g | 1.16 | 165 | 0.013 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/1987 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/1987 |
| Sugars, total | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 16 | 101 | 1.489 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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|--------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Iron, Fe | mg | 0.38 | -- | 0.031 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Magnesium, Mg | mg | 32 | -- | 1.273 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Phosphorus, P | mg | 203 | 75 | 3.657 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Potassium, K | mg | 413 | 49 | 11.091 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Sodium, Na | mg | 54 | -- | 3.370 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Zinc, Zn | mg | 0.45 | 188 | 0.012 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Copper, Cu | mg | 0.028 | 136 | 0.001 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Manganese, Mn | mg | 0.015 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Selenium, Se | µg | 33.1 | -- | 2.412 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1992 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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|---------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Thiamin | mg | 0.076 | -- | 0.004 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Riboflavin | mg | 0.065 | 68 | 0.004 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Niacin | mg | 2.063 | 69 | 0.074 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Pantothenic acid | mg | 0.153 | -- | 0.009 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Vitamin B-6 | mg | 0.245 | -- | 0.035 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Folate, total | µg | 7 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 09/1987 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 7 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Folate, DFE | µg | 7 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2009 |
| Choline, total | mg | 65.2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 15016 | 03/2007 |
| Vitamin B-12 | µg | 0.91 | 55 | 0.051 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 12 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Retinol | µg | 12 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |

Lipids

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Fatty acids, total saturated | g | 0.131 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 12:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 14:0 | g | 0.009 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 16:0 | g | 0.091 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 18:0 | g | 0.030 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Fatty acids, total monounsaturated | g | 0.094 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| 16:1 undifferentiated | g | 0.016 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 18:1 undifferentiated | g | 0.061 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 20:1 | g | 0.015 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 22:1 undifferentiated | g | 0.003 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Fatty acids, total polyunsaturated | g | 0.231 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 18:2 undifferentiated | g | 0.005 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 18:3 undifferentiated | g | 0.001 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 18:4 | g | 0.001 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 20:4 undifferentiated | g | 0.022 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 20:5 n-3 (EPA) | g | 0.064 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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|----------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| 22:5 n-3 (DPA) | g | 0.010 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| 22:6 n-3 (DHA) | g | 0.120 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Cholesterol | mg | 43 | -- | 0.969 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.199 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Threonine | g | 0.781 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Isoleucine | g | 0.821 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Leucine | g | 1.447 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Lysine | g | 1.635 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Methionine | g | 0.527 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Cystine | g | 0.191 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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| Phenylalanine | g | 0.695 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Tyrosine | g | 0.601 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Valine | g | 0.917 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Arginine | g | 1.066 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Histidine | g | 0.524 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Alanine | g | 1.077 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Aspartic acid | g | 1.823 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Glutamic acid | g | 2.658 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Glycine | g | 0.855 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Proline | g | 0.630 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |

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| Serine | g | 0.726 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/1987 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2001 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2001 |